



A Growing Reason to Quit

The Dangers of Smoking Before, During and After Pregnancy



Arkansas Department of Health



Smoking during pregnancy is the single most preventable cause of illness and death among mothers and infants.



Women who quit smoking before or early in pregnancy greatly reduce the risk for several adverse outcomes.



THE DANGERS OF SMOKING

Smoking has been proven to have severe negative effects on every stage of child development.



EFFECTS OF SMOKING ON CONCEPTION

Women who smoke while trying to conceive find it more difficult to get pregnant.













EFFECTS OF SMOKING DURING PREGNANCY










Smoking during pregnancy poses an enormous risk to an unborn baby's health.

- 🐦 Poor Source of Nutrition
- 🚢 Premature Birth
- 🐦 Birth Defects
- 🚢 Miscarriage

Smoking during pregnancy directly increases the risk of a multitude of other complications including:

-  Ectopic pregnancies
-  Birth and delivery problems
-  Brain damage during gestation
-  Growth retardation
-  Childhood obesity
-  Abnormal blood pressure in infants and children
-  Cleft palates and lips
-  Cancer-causing agents in infants' blood
-  Potentially carcinogenic genetic mutations
-  Childhood leukemia

Smoking during pregnancy directly increases the risk of a multitude of other complications including: (cont.)

-  Infantile colic
-  Childhood wheezing
-  Respiratory disorders in childhood
-  Eye problems during childhood
-  Mental retardation
-  Attention deficit disorder
-  Youth and adult violence and criminality
-  Smoking during adolescence
-  Health problems into adulthood

Smoking during pregnancy creates
a threat to the survival and health of
newborns and children.






THE STATS REFLECT THE FACTS

Fetal mortality rates are 35% higher among pregnant women who smoke.



DANGERS OF SMOKING AFTER BIRTH

After birth, babies are not out of harm's way. Babies who are around cigarette smoke:

-  Have weaker lungs than other babies
-  Are more likely to have other health problems like infections and frequent asthma attacks
-  Are at greater risk for Sudden Infant Death Syndrome (SIDS)

THE CONSEQUENCES ARE PHYSICAL,
EMOTIONAL AND FINANCIAL



THE PAIN SMOKING CAN CAUSE TO FAMILIES IS 100% AVOIDABLE

Quitting before getting pregnant is best,
but quitting as early as possible can still
help avoid many health problems.



Benefits of Quitting to Babies:

- 🐦 Quitting will reduced the baby's chance of Sudden Infant Death Syndrome (SIDS).
- 🚤 Quitting will lower risk of pre-term labor and low birth weight of the baby.
- 🐦 Babies of non-smokers have a reduced risk of congenital heart disorder.
- 🚤 Babies of non-smokers have fewer ear infections, coughs and colds.
- 🐦 The baby of a non-smoker will have a reduced risk of allergies, asthma or other lung problems

Benefits of Quitting to Mothers:

- 🐦 Mothers will have more energy.
- ⚓ Mothers will save money to spend on other things.
- 🐦 The family's clothes, hair and home will smell better.
- ⚓ The mother's food will taste better.
- 🐦 Mothers will be able to live a longer, healthier life with their child.

THE HELP THEY NEED IS A PHONE CALL AWAY

The Quitline: 1-800 QUIT NOW

Their own personal Quit Coach[®] who
provides 10 one-on-one phone sessions to
support, motivate and guide them to their goal.

Help pregnant women get the encouragement, understanding and support they need.

There will never be a more important reason for them to quit.

1-800 QUIT NOW

Coalition
contact
information can
be placed here.